



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15021, Fish, croaker, Atlantic, cooked, breaded and fried

Report Date: June 25, 2017 18:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.21

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 87g	3.0 oz 85g
Proximates						
Water	g	59.76	--	--	51.99	50.80
Energy	kcal	221	--	--	192	188
Energy	kJ	925	--	--	805	786
Protein	g	18.20	--	--	15.83	15.47
Total lipid (fat)	g	12.67	--	--	11.02	10.77
Ash	g	1.37	--	--	1.19	1.16
Carbohydrate, by difference	g	7.54	--	--	6.56	6.41
Fiber, total dietary	g	0.4	--	--	0.3	0.3
Minerals						
Calcium, Ca	mg	32	--	--	28	27
Iron, Fe	mg	0.86	--	--	0.75	0.73
Magnesium, Mg	mg	42	--	--	37	36
Phosphorus, P	mg	217	--	--	189	184
Potassium, K	mg	340	--	--	296	289
Sodium, Na	mg	348	--	--	303	296
Zinc, Zn	mg	0.52	--	--	0.45	0.44
Copper, Cu	mg	0.065	--	--	0.057	0.055
Manganese, Mn	mg	0.080	--	--	0.070	0.068
Selenium, Se	µg	38.8	--	--	33.8	33.0
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.090	--	--	0.078	0.076

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 87g	3.0 oz 85g
Riboflavin	mg	0.130	--	--	0.113	0.111
Niacin	mg	4.300	--	--	3.741	3.655
Pantothenic acid	mg	0.740	--	--	0.644	0.629
Vitamin B-6	mg	0.260	--	--	0.226	0.221
Folate, total	µg	34	--	--	30	29
Folic acid	µg	16	--	--	14	14
Folate, food	µg	18	--	--	16	15
Folate, DFE	µg	45	--	--	39	38
Vitamin B-12	µg	2.10	--	--	1.83	1.78
Vitamin A, RAE	µg	23	--	--	20	20
Retinol	µg	23	--	--	20	20
Vitamin A, IU	IU	75	--	--	65	64
Lipids						
Fatty acids, total saturated	g	3.476	--	--	3.024	2.955
14:0	g	0.088	--	--	0.077	0.075
16:0	g	2.194	--	--	1.909	1.865
18:0	g	1.193	--	--	1.038	1.014
Fatty acids, total monounsaturated	g	5.320	--	--	4.628	4.522
16:1 undifferentiated	g	0.444	--	--	0.386	0.377
18:1 undifferentiated	g	4.789	--	--	4.166	4.071
20:1	g	0.079	--	--	0.069	0.067
Fatty acids, total polyunsaturated	g	2.917	--	--	2.538	2.479
18:2 undifferentiated	g	2.376	--	--	2.067	2.020
18:3 undifferentiated	g	0.157	--	--	0.137	0.133
18:4	g	0.010	--	--	0.009	0.009
20:4 undifferentiated	g	0.089	--	--	0.077	0.076
20:5 n-3 (EPA)	g	0.113	--	--	0.098	0.096
22:5 n-3 (DPA)	g	0.079	--	--	0.069	0.067
22:6 n-3 (DHA)	g	0.089	--	--	0.077	0.076
Cholesterol	mg	84	--	--	73	71
Amino Acids						
Tryptophan	g	0.208	--	--	0.181	0.177
Threonine	g	0.788	--	--	0.686	0.670

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 87g	3.0 oz 85g
Isoleucine	g	0.847	--	--	0.737	0.720
Leucine	g	1.480	--	--	1.288	1.258
Lysine	g	1.571	--	--	1.367	1.335
Methionine	g	0.525	--	--	0.457	0.446
Cystine	g	0.217	--	--	0.189	0.184
Phenylalanine	g	0.742	--	--	0.646	0.631
Tyrosine	g	0.621	--	--	0.540	0.528
Valine	g	0.947	--	--	0.824	0.805
Arginine	g	1.061	--	--	0.923	0.902
Histidine	g	0.525	--	--	0.457	0.446
Alanine	g	1.067	--	--	0.928	0.907
Aspartic acid	g	1.791	--	--	1.558	1.522
Glutamic acid	g	2.981	--	--	2.593	2.534
Glycine	g	0.850	--	--	0.740	0.723
Proline	g	0.759	--	--	0.660	0.645
Serine	g	0.788	--	--	0.686	0.670
Other						